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I know someone cares about me when...  
Dinner with my Family fills me with LOVE !



FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at [www.state.nj.us/humanservices/cap/njcap3.html](http://www.state.nj.us/humanservices/cap/njcap3.html)

J A N U A R Y						
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M A R C H						
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# February

S	M	T	W	T	F	S
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<b>1 Black History Month</b> Talk to your children about the importance of freedom and equality for all people.	<b>2 Groundhog Day</b> Tell your child about Groundhog Day. Six more weeks of winter or an early spring? Did Punxsutawney Phil see his shadow today?	<b>3</b> Send your children to school each day well-rested, well-nourished and with a positive outlook.	<b>4</b> Encourage frequent hand washing in your household. It's a simple and effective way to help keep your family well.	<b>5</b> When your child misbehaves, focus your criticism on the behavior, not the child.	<b>6</b> Provide your children with a smoke-free home environment.	<b>7</b> Most libraries have great programs and activities to introduce your kids to the wonderful world of reading!
<b>8</b> Try not to compare your toddler with others — they are all wonderfully different.	<b>9</b> Stressful day? Breathe deeply. It really helps!	<b>10</b> Encourage good behavior with rewards and punish bad behavior with loss of privileges.	<b>11</b> Get to know your teen's friends and welcome them in your home.	<b>12</b> A hug or pat on the back communicates your love for your child.	<b>13</b> Children know you care when you give them good advice and constant support.	<b>14 Valentine's Day</b> This is the perfect day to tell everyone in your family how much you love them
<b>15</b> When your family's schedule feels too hectic, circle a date on this calendar for a quiet family evening at home.	<b>16 Presidents' Day</b> The library has a great selection of kids' books about George Washington and Abraham Lincoln. Check some out and read them together.	<b>17</b> Reach out to another parent if he or she seems to need help coping with kids. 1-800-THE KIDS could be a helpful resource.	<b>18</b> Give your children a few household chores — and praise them when they have completed each task.	<b>19</b> Homework is easier when kids have a comfortable seat, good lighting and all the supplies they need.	<b>20</b> Relieve stress by balancing your busy days with a good night's rest.	<b>21</b> Make Saturday chores fun for the kids. Play their favorite music while you work.
<b>22</b> Let the kids help you make a double batch of your favorite casserole today — one for your family and one for a new mother or elderly neighbor!	<b>23</b> Make it a family rule: No hitting or hurting others.	<b>24</b> Winter weather keeping you and the kids inside? Turn on some music and dance!	<b>25</b> You can be the role model for the type of person you want your child to be.	<b>26</b> Make sure everyone's seatbelt is fastened in the car for every ride.	<b>27</b> Let your children know you expect honesty and good sportsmanship.	<b>28</b> Errands to run? Take along a snack, special toy, paper and crayons to keep little ones happy.

**29** Letters, e-mail and phone calls help kids stay in touch with family members who live far away.

Use the "Notes" space to write something special your child did this month.

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